

ABSTRACT OF THE DISCLOSURE

A golf instructional device is provided for designating proper setup positioning for swinging a golf club and for monitoring the location of a user's eyes while swinging the club, such a mat being customized for an individual golfer. The device comprises a mat for providing a playing surface upon which foot positioning markers, a club positioning marker and a mirror are placed. The markers and mirror are designed to be removably attached to the mat surface to allow a golf instructor to indicate proper location and angle for the user to position themselves and the club which they are swinging. The mirror is of a chosen size such that when attached to the mat at the proper location, the user can observe their eyes while swinging the golf club. A wedge is also provided to be positioned underneath a portion of the user's rearward foot to train the user to maintain a near stationary rear leg during the backswing. The user stands on top of the mat surface and aligns their feet with the foot positioning markers, aligns a golf club with the club positioning marker, and positions their body such that essentially only their eyes are viewable in the mirror. When the user makes practice swings the golf club, excessive lateral and vertical motion can be observed in the mirror.